

## **POINTE AQUATICS WINTER 2011-2012**

NEW SWIMMERS: Parents must submit the following form. Parents must provide an email address to be used for access to the team website. Coaches will be available to assess swimmers skills and assign them to the proper groups.

RETURNING SWIMMERS: Parents should update their personal information, especially the email address that they will use for the accessing the team website.

The coaches will be available at the Grosse Pointe North Pool on **Monday, December 12th** to accept payments and signed Medical Emergency Forms. Team Director Mike O'Connor can be contacted at [pointeaquatics@msn.com](mailto:pointeaquatics@msn.com).

**ALL SWIMMERS MUST BE USA REGISTERED / ALL FEES MUST BE PAID IN FULL BEFORE PARTICIPATING IN TRAINING SESSIONS.**

**NEW SWIMMERS (THOSE THAT DID NOT PARTICIPATE IN THE FALL 2011 SESSION) MUST ADD THE \$56 USA REGISTRATION FEE WITH THEIR WINTER SESSION PAYMENT.**

**ALL INFORMATION CONCERNING GROSSE POINTE AQUATICS SWIM CLUB CAN BE FOUND ON THE POINTE AQUATICS WEBSITE (WWW.POINTEAQUATICS.COM).**

**DURING ANY GIVEN MONTH, THERE ARE ACTIVITIES, INCLUDING MEET PARTICIPATION, WHICH MAY CONFLICT WITH SWIM PRACTICES. CHECK THE WEBSITE ([www.pointeaquatics.com](http://www.pointeaquatics.com)).**

**SWIMMERS AND PARENTS SHOULD CHECK POINTE AQUATICS WEBSITE DAILY FOR CHANGES:  
THE FOLLOWING DATES ARE SCHEDULED HIGH SCHOOL HOME MEETS AND WILL REQUIRE ALTERED PRACTICE TIMES AS NOTED BELOW IN THE GROUP DISCRIPTIONS & PRACTICE TIMES:**

**January (5<sup>th</sup>, 12<sup>th</sup>, 17<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>, 31<sup>st</sup>)  
February (7<sup>th</sup>, 9<sup>th</sup>, 24<sup>th</sup>)**

The Grosse Pointe Public School System requests that parents make sure swim groups are in session before leaving children at the pool. Children should be dropped off no earlier than 15 min. before practice begins and picked up no later than 15 minutes after practice ends.

Swimmers should bring a lock for his/her use in the locker room. Locks must be removed after each practice. Swimmers also have the option of leaving their sport bags on the pool deck during practice. The Grosse Pointe Public School System assumes no responsibility for swimmers' personal articles.

PRACTICES ARE CLOSED TO ALL PARENTS AND SPECTATORS AT THE GROSSE POINTE NORTH POOL.

As always, coaches are available before and after practice.

The Pointe Aquatic program is run in collaboration with GPYC COACH FRED MICHALIK AND LOCHMOOR COACHES CHRISTINE AND KEVIN HAFNER.

**MORE THAN ONE SWIMMER????SEE MIKE FOR FAMILY DISCOUNT FEES**

## POINTE AQUATICS WINTER 2011-2012

### 1. INTENSIVE TRAINING GROUPS - (13 Weeks)

- 12/12/11 – 3/10/12 Coaches: Mike O'Connor, Tim DeCoste
- (A Group) Monday thru Thursday 5:00-7:00 PM Friday 4:45-6:00 PM Saturday 7:30– 9:30 AM
- (B Group) Monday thru Thursday 5:00-6:30 PM Friday 4:45-6:00 PM Saturday 7:30– 9:30 AM
- A Group Fee: \$520.00 B Group Fee: \$468.00

**\*When there is a scheduled high school swim meet on Tuesday or Thursday, Intensive practice times will be from 3:30-5:00PM.**

Description: this group is designed for swimmers who desire the necessary aerobic and technical skills to achieve success at the state level and beyond. Swimmers will receive intense aerobic training as well as stroke technique and corrections in a workout context. In order to fully benefit from the level of training offered in this group, all swimmers should attend a minimum of 4 practices per week. The B group is designed for those swimmers who are not quite ready to swim the yardage of the A group or who are unable to make the time commitment of the A group.

**In addition, all swimmers in this group should participate in appropriately scheduled swim meets.**

\* Coaches will assign swimmers to their appropriate work- out levels.

### 2. JUNIOR GROUP - (13 Weeks)

- 12/12/11 – 3/10/12
- Monday Thru Thursday 6:30-7:30 PM Friday 6:00-7:00 PM Saturday 9:30 – 11:00 AM SESSION FEE: \$312.00

**\*When there is a scheduled high school swim meet on Tuesday or Thursday practice will start at 5:00 PM.**

Description: This group is designed for young swimmers who are able to swim all four competitive strokes and who desire to develop the necessary skills and aerobic training to achieve personal success. Swimmers will be provided with a positive training atmosphere where they will receive instruction on stroke technique as well as aerobic training. In order to fully benefit from the instruction and training offered by this group, all swimmers should attend a minimum of 3 practices per week. All swimmers must have coaches' recommendation for this group. **In addition, all swimmers in this group should participate in appropriate scheduled team swim meets.**

### 3. BLUE GROUP - (13 Weeks)

- 12/12/11 – 3/10/12
- Monday/Wednesday/Thursday 6:30-7:30 PM SESSION FEE: \$286.00

Description: This group is designed for beginning swimmers who have some background in the four competitive strokes and are looking to become stronger swimmers. All swimmers in this group must be able to swim a length of pool freestyle breathing to the side. Instruction in this group is focused on improving each swimmers stroke technique and developing a basic level of endurance. **All swimmers in this group are encouraged to participate in scheduled swim meets.**

### 4. DEVELOPMENTAL- (13 Weeks)

- 12/12/11 – 3/10/12 SESSION FEE: \$130.00
- Monday/Wednesday/Thursday (5:00 – 5:30), (5:30 – 6:00) & (6:00 – 6:30) P.M.

**\*THIS IS A PROJECTED SCHEDULE FOR THE DEVELOPMENTAL GROUP. GROUP SIZE WILL DETERMINE TIME AND SESSIONS ACTUALLY OFFERED. TIME AND SESSIONS ARE SUBJECT TO CHANGE.**

**\* Swimmers will be offered 3 half hour sessions per week. Coach will assign groups based on ability.**

**\*When there is a scheduled high school swim meet on Thursday practice will be canceled.**

Description: This group is designed for beginning swimmers that are not quite ready for blue group. Swimmers should have had some swimming lessons already and should be able to swim the length of the diving well largely unassisted. The focus of this group will be basic instruction to different swimming techniques such as breathing to the side as well as helping young swimmers develop more of a comfort level in the water. The coach of this group will be in the water with the swimmers giving hands on instruction.

### 5. PRIVATE/SEMI-PRIVATE LESSONS (Available by appointment)

### 6. WATER GUPPIES – (6 Weeks)

Description: a developmental program for kids ages 3-7 with a 3-1 swimmer to instructor ratio. Contact Carly Mellos at 313-460-4844 or [pawaterguppies@gmail.com](mailto:pawaterguppies@gmail.com)

**TIMES ARE SUBJECT TO CHANGE DUE TO GROUP NUMBERS AND COACHING AVAILABILITY.**

**ALL SATURDAY PRACTICE SESSIONS ARE SUBJECT TO POOL AND COACH AVAILABILITY.**

**PRACTICE TIMES ARE SUBJECT TO CHANGE DUE TO HIGH SCHOOL MEETS/SCHOOL EVENTS.**

**PRACTICE TIMES MAY CHANGE AFTER THE HIGH SCHOOL TEAM SEASON ENDS.**

**ADVANCE NOTICE OF PRACTICE TIME/LOCATION CHANGES AND CANCELLATIONS WILL BE POSTED AT [www.pointeaquatics.com](http://www.pointeaquatics.com)**

## POINTE AQUATICS WINTER 2011-2012

POINTE AQUATICS WINTER 2011 - 2012 REGISTRATION FORM

EMAIL ADDRESS FOR MEET ENTRY SYSTEM \_\_\_\_\_

FIRST NAME	MI	LAST NAME	PREFERRED NAME	BIRTH DATE MO/DAY/YR	SEX M/F	SESSION OPTION	SCHOOL ATTENDING

GROUP NAME	# OF SWIMMERS	SWIMMERS	TOTAL
1. Intensive A		Swimmers x \$520 =	
2. Intensive B		Swimmers x \$468 =	
3. Junior		Swimmers x \$312 =	
4. Blue		Swimmers x \$286 =	
5. Developmental		Swimmers x \$130 =	
<b>NEW SWIMMERS</b> (Those that did not participate in the fall 2011 session) must add the \$56.00 USA registration fee to their winter session payment.		Swimmers x \$56 =	
		<b>FINAL TOTAL:</b>	

**PARENT'S INFORMATION (SOME ADDITIONAL INFORMATION IS REQUIRED FOR USA SWIM CARD) IF YOU WERE REGISTERED WITH PA IN EITHER THE WINTER OR SPRING SESSION AND THE FOLLOWING INFORMATION HAS NOT CHANGED, PLEASE WRITE "NO CHANGE"**

**Last Name of Father**                      **First Name of Father**

**Last Name of Mother**                      **First Name of Mother**

**Street Address**                      **City**                      **Zip Code**

**Father's Employer**    **Occupation**

**Father's:**    **Home Phone**                      **Office Phone**                      **Cell Phone**

**Mother's Employer**    **Occupation**

**Mother's:**    **Home Phone**                      **Office Phone**                      **Cell Phone**

**MEDICAL EMERGENCY INFORMATION**

**Names of Two Relatives or Neighbors Who Can Be Reached In Case Of Emergency**

**Name**                      **Address**                      **Phone #**

**Name**                      **Address**                      **Phone #**

**PLEASE LIST ANY MEDICAL INFORMATION ABOUT YOUR CHILD THE COACH SHOULD KNOW**

**Check Here** \_\_\_\_\_ **and continue on back if necessary**

I HEREBY GIVE PERMISSION FOR EMERGENCY MEDICAL TREATMENT OF MY CHILD AND WILL BE RESPONSIBLE FOR PAYMENT OF BILLS.

AS PARENT/LEGAL GUARDIAN, AND IN CONSIDERATION OF ACCEPTANCE OF MEMBERSHIP IN GROSSE POINTE SWIM CAMPS/ POINTE AQUATICS (PA), I HEREBY, FOR MYSELF, MY CHILD (CHILDREN), HEIRS, ADMINISTRATORS AND ASSIGNS, WAIVE AND RELEASE ANY AND ALL CLAIMS AGAINST GROSSE POINTE SWIM CAMPS/POINTE AQUATICS (PA) FOR INJURIES AND EXPENSES INCURRED BY MY CHILD OR MYSELF AT SWIM PRACTICES, SWIM MEETS, OR ON THE ROAD TO/FROM SAID MEETS.

BY REGISTERING FOR THE ACTIVITY LISTED ABOVE, I VERIFY THAT MY CHILD (CHILDREN) IS (ARE) PHYSICALLY ABLE TO PARTICIPATE WITHOUT RESTRICTIONS IN THE PROGRAM AS DOCUMENTED BY A MEDICAL EXAMINATION OR MY BELIEF THAT MY CHILD (CHILDREN) IS (ARE) IN GOOD HEALTH.

I HEREBY GIVE PERMISSION TO USE THE NAME AND LIKENESS OF MY CHILD (CHILDREN) IN CONNECTION WITH ACTIVITIES AND ANNOUNCEMENTS THAT MAY INCLUDE PICTURES OF THE SWIMMERS ON THE GROSSE POINTE SWIM CAMPS/POINTE AQUATICS (PA) WEBSITE.

**PARENT/GUARDIAN SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_